

**Amendments to the Claims**

Claims 1-13. (Cancelled)

Claim 14. (Currently Amended) A food for improving cognitive functional capacity of a consumer of the food comprising a combination of a minimum of 100mg to about 200mg of phosphatidyl serine and a minimum of 10g to about 20g of carbohydrates, wherein the carbohydrates are simple carbohydrates selected from the group consisting of glucose, fructose, sucrose, and combinations thereof.

Claim 15. (Previously Presented) The food of claim 14, wherein improving cognitive functional capacity includes increasing memory, concentration, and attentiveness in the consumer of the food.

Claims 16-17. (Cancelled)

Claim 18. (Previously Presented) The food of claim 15, further comprising a minimum of 10 wt% of protein.

Claim 19. (Previously Presented) The food of claim 15, wherein the food is a functional food selected from the group consisting of beverages, bread spreads, chocolate products, candy products, milk, dairy products, diet foods, and cereals.

Claims 20-22. (Cancelled)

Claim 23. (Currently Amended) A food bar for improving cognitive functional capacity of a consumer of the food bar comprising a combination of phosphatidyl serine and carbohydrates, said combination including a minimum of 100mg to about 200mg of phosphatidyl

serine and a minimum of 10g to about 20g of simple carbohydrates selected from the group consisting of glucose, fructose, sucrose and combination thereof, wherein glucose intake into brain cells of the consumer is improved by consumption of said food bar.

Claim 24. (Previously Presented) The food bar of claim 23, wherein improving cognitive functional capacity includes increasing memory, concentration, and attentiveness in the consumer of the food bar.

Claim 25. (Previously Presented) The food bar of claim 24, wherein said food bar has a weight of at least 20g to about 35g.

Claim 26. (Cancelled)

Claim 27. (Previously Presented) The food bar of claim 24, further comprising a minimum of 10 wt% to about 16 wt% of protein.

Claim 28. (Previously Presented) The food bar of claim 24, further comprising a minimum of 15 wt% to about 27 wt% of fat.

Claim 29. (Previously Presented) The food bar of claim 24, wherein said food bar has a water content of less than 3%.

Claim 30. (Previously Presented) The food bar of claim 24, wherein said food bar has a chocolate coating and is enriched with vitamins.

Claim 31. (Previously Presented) The food bar of claim 24, wherein said food bar is a functional food product.

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Claim 32. (Currently Amended) A food bar for improving cognitive functional capacity of a consumer of the food bar comprising a combination of a minimum of 40 wt% to about 57 wt% simple carbohydrates selected from the group consisting of glucose, fructose, sucrose, and combinations thereof and a minimum of 1 wt% to about 1.4 wt% lecithin extract containing phosphatidyl serine.

Claim 33. (Previously Presented) The food bar of claim 32, wherein improving cognitive functional capacity includes increasing memory, concentration, and attentiveness in the consumer of the food bar.

Claim 34. (Cancelled)

Claim 35. (Previously Presented) The food bar of claim 33, further comprising a minimum of 10 wt% of protein.

Claim 36. (Currently Amended) The food bar of claim 23, wherein said food bar includes 200mg of phosphatidyl serine and 18g of simple carbohydrates and wherein improving cognitive functional capacity includes increasing memory, concentration, and attentiveness in the consumer of the food bar.

Claim 37. (Currently Amended) The food of claim 14, wherein said carbohydrate is glucose ~~carbohydrates have a high glyceemic index (GI).~~

Claim 38. (Currently Amended) The food bar of claim 23, wherein said carbohydrate is glucose ~~carbohydrates have a high glyceemic index (GI).~~

Claim 39. (Currently Amended) The food bar of claim 32, wherein said carbohydrate is glucose ~~carbohydrates have a high glyceemic index (GI).~~

Claims 40-46. (Cancelled)

Claim 47. (New) A method for a consumer to improve cognitive functional capacity comprising:

obtaining a food including a combination of a minimum of 100mg to about 200mg of phosphatidyl serine and a minimum of 10g to about 20g of simple carbohydrates selected from the group consisting of glucose, fructose, sucrose, and combinations thereof;

consuming the food;

increasing memory, concentration, and attentiveness in the consumer of the food; and

improving cognitive capacity of the consumer of the food.

Claim 48. (New) The method of claim 47, wherein the improving occurs in the consumer for a short term after consumption of the food.

Claim 49. (New) The method of claim 47, wherein the improving occurs in the consumer for a long term after consumption of the food for a period of about one to three weeks.